

THE AVON TOWN CRIER



COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322

HOURS: 8:30-4:30 MONDAY-WEDNESDAY

8:30-7:30PM THURSDAY, 8:30-1PM FRIDAY

PHONE: 508-559-0060 FAX: 508-584-9650

WEBPAGE: www.avon-ma.gov/council-aging

EMAIL: coa@avon-ma.gov

Volume 58, Issue 6

June 2023

A Message from the Director

Welcome warm weather!

May was a busy month at the COA, lots of activities, wonderful meals and a Derby Day with horse racing and fancy hats that was a big hit. Off to Blue Hill Regional for a Day of Beauty with a fabulous lunch.

I want to thank Jerry Szydlowski's family for donating an awesome lunch in Jerry's memory. Jerry was a quiet presence at the Council on Aging, a gentleman who always dressed impeccably. We will miss him!!

We celebrated Mother's Day with an English Tea and pastries; even the royals made an appearance for a photo op! The seniors dressed up in their hats and fascinators and China tea pots and cups finished off the theme for our celebration.

June promises to be a busy month, we have many trips and activities planned to keep everyone busy. On the 29th we'll be at the Fish and Game for a cookout and SINGO.

Hope to see you at the COA!!

Jane Carthas

IMPORTANT NUMBERS:

Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach: 774-480-5352

Cathy Emery-Activity Coord.: 774-480-5353

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Exec. Office of Elder Affairs: 617-727-7750

Old Colony Elder Services: 508-584-1561

RUOK?: 866-900-7865

Medicare: 800-633-4227

Mass Health: 800-841-2900

Prescription Advantage: 800-243-4636

Protective Services: 800-922-2275

Social Security: 800-772-1213

Veterans Services: 508-558-0410 x:1018

June Birthdays

Byron Abrams

Paul Barker

Dennis Barkhouse

Harry Black

Marilyn Burgess

Joseph Cerrato

Frank Fasano



Willie Foxworth

Bruce Lane

Louie Minchello

Joan Pereira

Frank Staffier

Tony Vecchione

Rick Walker

Bob Young

ANY AVON RESIDENT THAT WOULD LIKE THEIR BIRTHDAY IN THE NEWSLETTER PLEASE CALL THE COA

July 20/21 – Come to Saratoga NY for 2 days on a luxury bus. Enjoy the Historic Saratoga Racetrack and dinner on Thursday, with an overnight stay at a Marriott Hotel. On Friday we'll have breakfast at the hotel and then off for a Scenic Ferry Ride on Lake George which will include a delicious luncheon. Call Cathy for more information.

Don't miss out on Life.....
Improve your hearing today



Michael Schmit Lic # 224
Board Certified
Hearing Instrument Specialist



- ♦ FREE hearing screening
- ♦ FREE hearing aid cleaning
- ♦ FREE video ear exam



CALL THE COA @ 508-559-0060
TO BOOK AN
APPOINTMENT
10:30-12:30am

Avon Civic Association

2023 Summer Concerts

6:30 pm @ Demarco Park

6/14 Canton Legion Band

6/21 Alfie O'Shea & Eddie Dillon

6/28 New City Cowboys

7/5 Dan & Mary Clark

7/12 Jesse Liam Band

7/19 Diva's With A Twist

7/26 4EverFab

8/2 Dale & The Duds

Free rides from the COA van

must call by 12pm on Tuesday

INFORMATION FROM THE OUTREACH DESK

The Sun Will Rise – Peer Grief Support Groups for Loss due to Substance Use

The Sun Will Rise Foundation is a non-profit organization dedicated to providing free peer grief support for those who have experienced the devastating death of someone they love due to substance use (drug/alcohol) or overdose. They provide a range of services, including a private Facebook group, social get-togethers and many in-person or online meetings that are open to anyone 18 and over. Some meetings are specialty group meetings that include a grieving grandparents group, men or women only group, partner/spouse loss group, only child loss group, and people in recovery grief group. They are committed to providing a safe and supportive environment where people can connect with others who have had similar experiences and receive support. In-person groups are being held in Bridgewater, Weymouth, Quincy, and Taunton. For more information, go to <https://www.thesunwillrise.org/> or call 781-789-4604.

Mental Health Awareness Month - Finding Mental Health Support

If you are going through a tough time, if you or someone you care about is struggling with mental health or substance use, if someone is in crisis or working hard to prevent one, if you don't know what kind of help or treatment you may need, the Massachusetts Behavioral Health Help Line (BHHL) can connect you directly to clinical help. It's free, confidential, available 24/7 and does not require health insurance. Call or text 833-773-2445. Live chat is also available at <https://www.masshelpline.com/>.

Network of Care Massachusetts is a statewide online resource providing a searchable directory to find information on behavioral health services and treatment. It includes more than 5,000 mental health, substance use, and related social services programs.

<https://www.mamh.org/education/network-of-care>.

988 is a direct three-digit phone line to trained National Suicide Prevention Lifeline call takers. 988 can be used anytime you or a loved one are in emotional distress or having suicidal thoughts. It is also for people worried about a loved one and not sure how to support that person or where to get them help. You do not need to be suicidal to use 988.

OCES now offers behavioral health services and support for older adults who may be isolated or face barriers to accessing behavioral healthcare. Call OCES at 508-584-1561.

Medicare and Mental Health Care

Medicare covers both inpatient and outpatient mental health care. Medicare prescription drug plans cover medications used to treat mental health conditions. Check to ensure the brands and dosages you take are included in your plan's formulary. Medicare Part B covers outpatient care including individual and group therapy, but not all providers take Medicare insurance. Find a list of Medicare-certified psychiatrists, psychologists or clinical social workers near you at www.medicare.gov/care-compare.

JUNE 2023

***Activities indicated with an asterisk require advanced sign-up.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO CRAFT CLASS JUNE-AUGUST			1 10:30 Chair Yoga @ Fellowship Cir. 9:45-11 Tech Day* 12:00 LUNCH	2 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:30 Tap class
5 19:15 Market Basket 10:30 Line Dancing 12:30 CARDS	6 10-11 Chair Hip Hop 12:00 LUNCH 1:00 BINGO	7 9:30 Roche Bros. or Target 11:00 Outreach to Fellowship 1:15 BALANCE CLASS	8 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH	9 9:15 Walmart or Stop & Shop 10:30 Tap class
12 9:15 Mohegan Sun Casino/ Capt. Jack's Trip* 10:30 Holbrook Food Pantry* 10:30 Line Dancing 12:30 CARDS	13 12:00 LUNCH 1:00 BINGO 	14 9:00 Nail Care* 9:15 Market Basket 6:30 CONCERT	15 10:30 Chair Yoga @ Fellowship Cir. 10:30-11:30 Blood Pressure Clinic 12:00 Lunch	16 9:15 Walmart or Stop & Shop 10:30 Tap class 
19 JUNETEENTH DAY COA AND TOWN HALL CLOSED	20 10:30 Coffee with the Director 12:00 LUNCH 1:00 BINGO	21 9:15 Market Basket 6:30 CONCERT	22 10:30 Chair Yoga @ Fellowship Cir. 12:00 Lunch 1:00 AARP Home Fit Program 5:30 Dementia Information Session	23 9:15 Walmart or Stop & Shop 10:30 Tap class 6:30 CONCERT
26 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	27 12:00 Birthday LUNCH 1:00 BINGO	28 9:30 <u>BIG Y IN EASTON!</u>  6:30 CONCERT	29 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH @ Fish & Game w/ SINGO*	30 9:15 Walmart or Stop & Shop 10:30 Tap class

6/1 9:45am-11am - Tech Day-Sign up required call Cathy

High School students will be available to help with any questions about your devices.

6/6 10am-11am - Hip Hop Chair Dancing

Travel through time on the "Soul Train" and chair dance to hip-hop and R&B songs.

6/7 Outreach Coordinator to Fellowship Circle—Louise Hardiman will be available to answer any questions and to help seniors with any issues. She will be there from 11-12 in the community room. Come on down to say Hi! If you're not able to come see her but need assistance please call her at 774-480-5352.

Balance class begins a new session in June \$42.00-call Cathy to sign up

Six-week program designed to stabilize the core using movements we normally don't use in daily life. Great for posture, back pain, and incontinence.

6/12 – Take a day trip to Cap'n Jack's Restaurant & Mohegan Sun Casino \$99

Enjoy a Lobster or Prime Rib with crab cakes, shrimp cocktail, corn on the cob, Apple Crisp and beverage for lunch! After our meal, we will head to Mohegan Sun for three hours to try our luck!!

6/12 Holbrook Food Pantry - 10:30 Apt. - Must take COA van no personal trans. allowed

The Holbrook food pantry has invited Avon seniors to take part in their free food pantry once a month. The limit will be 3 bags of non-perishable, fresh produce, meat, and dairy items. Please call the COA by Thursday 6/8 if interested. As a result of this trip Market Basket will be on Wednesday 6/14.

6/14 Nail Care with Maureen Connolly RN—Call the COA to make an appointment.

Nail trimming is done by a certified foot care nurse at the COA and is \$30. Home visits are \$45.

6/15 – Mix-It-Up Day – Wear stripes with polka dots, wear mismatched shoes and socks, breakfast for lunch, we're mixing it up at the COA!

6/22 HomeFit Workshop: Modify Your Home for Safety and Comfort @1PM (SEE PG 7)

6/28 BIG Y IN EASTON– WE'RE TRYING A NEW GROCERY STORE CALL IF INTERESTED

6/29 – Fish & Game Cookout – Reservations needed call Cathy Emery

The sheriff's dept. is sponsoring a cookout at the Avon Fish & Game, Jim the SINGO guy will be entertaining us with music and games.

Grief Support Group will be stopping for the summer with the intention of starting up again in the fall.

Avon Baptist Church Ecumenical Lunch will be stopping for the summer and will resume in September.

JUNE LUNCH MENU

LUNCH IS SERVED AT 12PM DONATION IS \$5.00

PLEASE PLAN TO BE SEATED BY 11:45

PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE AND
ALL LUNCHES WILL HAVE A SNACK OR SALAD BEFORE LUNCH IS SERVED

Thursday 6/1

Chicken parmesan sandwich, chips

Tuesday 6/6

American Chop Suey, salad, garlic bread

Thursday 6/8

Turkey & cheese wraps, chips, pickles

Tuesday 6/13

Chili with cornbread, salad

Thursday 6/15 Mix it up day

Breakfast for lunch

Tuesday 6/20

Taco soup, chips & salsa

Thursday 6/22

Chicken stir fry with rice

Tuesday 6/27 Birthday Lunch

Pizza, salad, cake & ice cream (Pizza sponsored by CAREONE- Randolph)

Thursday 6/29 Fish & Game Cookout-RESERVATION REQUIRED

Hamburgers, Hot dogs, potato salad, chips

INFORMATION FROM THE OUTREACH DESK

SNAP Fraud and Theft on the Rise: How to Prevent it from Happening to You

Many Massachusetts people rely on SNAP (Supplemental Nutrition Assistance Program) benefits to buy food. Benefits are loaded on an EBT card each month. The EBT card works like a debit card or credit card with a 4-digit PIN, but it does not have the same protections as a bank-issued debit card or credit card. Criminals can steal the SNAP EBT card and PIN by making a copy using a skimmer that is attached to the card swiper or keypad. You won't know your card has been copied and your PIN stolen until after your SNAP benefits are stolen. Another way benefits are stolen is by phishing, when criminals send fraudulent messages that look like they're coming from a reputable source. In some cases, criminals pose as SNAP case workers to obtain recipients' EBT card information.

- Change your PIN # frequently. Ideally, change your PIN after each time you use the card by calling 800-997-2555.
- Check your EBT account regularly for unauthorized charges. If you notice any unfamiliar charges, change your PIN immediately.
- Double-check card reading machines. Skimmers may be larger than the original machine or hide parts of the machine.
- Know the date your benefits are added each month and use them as soon as possible. Report stolen SNAP to DTA right away by calling 800-372-8399.

HomeFit Workshop: Modify Your Home for Safety and Comfort – June 22@1PM

How can you modify your home to stay there as long as possible? This presentation provides information, ideas, and inspiration on making those modifications. The goal is to educate you on home updates that can make it easier to go about daily activities while staying comfortable, independent, and injury-free in your home. This presentation is offered by AARP as part of their free community services.

Edith Stewart Chase Foundation for Retired Teachers

The purpose of the Edith Stewart Chase Foundation is to grant emergency financial assistance to retired educators who confront an economic crisis. The Foundation was established in 1994 under the will of Edith Stewart Chase who was a dedicated art teacher in the Waltham Public Schools. The grants serve a wide range of needs from medical, dental, and hearing aids to replacement of windows, roof repairs, and asbestos removal. Grantees must be receiving a pension from the Massachusetts Teachers Retirement System (MTRS) to be eligible for the grant. For more information or to get a copy of the grant application, go to: <https://www.edithstewartchasefoundation.org/> or call 508-422-0109.

Parkinson's Support Group in Brockton

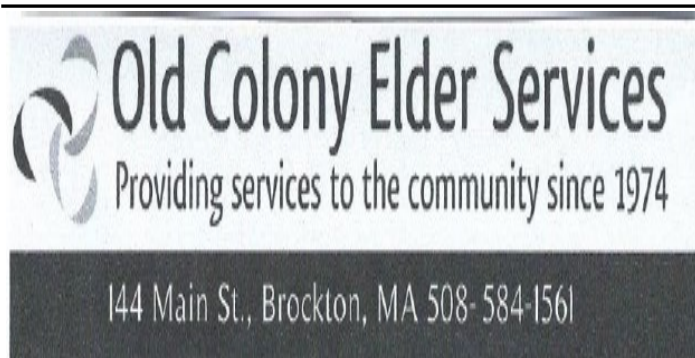
The American Parkinson Disease Association (APDA) Massachusetts Chapter holds a Support Group for people with Parkinson's and their care partners at the Brockton COA. This support group is facilitated by Carole Maloney, RN. It is held on the 4th Friday of the month from 1:00-2:00 PM. All are welcome. Please register with the Brockton COA at 508-580-7811. You can reach the APDA information and referral center at 800-651-8466 or at apdama@apdaparkinson.org.

COA VAN SCHEDULE HOURS: 8:45 A.M. – 2:15 P.M.**NO MEDICAL APPOINTMENTS AFTER 12PM-BOOK MEDICAL APTS. 48 hours in advance****VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm****NO CHARGE FOR VAN 1/1-9/30/2023**

WESTGATE MALL & MARKET BASKET, Brockton	Monday	9:15 pick-up
Lunch & BINGO at Avon COA	Tuesday	10:30 – 11:00 pick-up
ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON	Wednesday	9:15 pick-up
Lunch at Avon COA	Thursday	10:30 – 11:00 pick-up
WALMART, DOLLAR TREE, STOP & SHOP BROCKTON	Friday <u>No Medical Appts.</u> (day ends @ 1pm)	9:15 pick-up

Avon COA Van is available to assist Avon seniors and disabled people with transportation to local medical appointments, social events, shopping, haircuts, banking, post office, voting or Town Hall appointments throughout the week. **If there is another store you want to go to call the COA and ask for Tricia.** The van transports to Avon, Randolph, Holbrook, Brockton, Easton, Whitman, Abington.

BAT Van (New Freedom Program) and other forms of transportation are always available as well, especially for times when the van is committed to the standing schedule. Call the COA for more information and assistance.



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Members - Joanne Grenham,, Ed Selman, Deborah Greene*